

Name_____

Year 11 HHD

Practice SAC 1

Total marks = 48

Question 1

What is the WHO definition of health?

1 mark

Question 2



FIGURE 2.2 Would this man be considered healthy using the WHO definition?

Would the man in figure 2.2 be considered healthy using the WHO definition of health? Explain reasons for your answer.

2 marks

Question 3

Explain what a gross motor skill is. Give an example of a gross motor skill that a student would learn in Physical Education classes at Primary School.

2 marks

Question 4

Explain what a fine motor skill is. List two fine motor skills.

3 marks

Question 5

List two major events or developmental milestones that would occur during Youth.

2 marks

Question 6

Explain each of the three dimensions of health.

Explain how they interrelate with a scenario.

3 + 3 = 6 marks

Question 7

Sally, a year 9 student, is an only child who has always had good social health. She has always been popular at school and had a wide network of friends both male and female. That was until last month, when her dad was offered a promotion that required her family to move to Germany almost immediately. Sally is now attending a new school, but language barriers and being the 'new kid' have prevented her from making friends at this stage. Consequently, her social health has suffered. She has become rather withdrawn and just wants to go back to her old school in Australia.

Complete the following table analysing possible effects on Sally's health & development. The first one has been completed for you.

Area of health/development	Possible impact
Social health	Has few friends at her new school. Spends her free time with her mum and dad when they are home.
Physical health	
Mental health	
Physical development	

Social development	
Emotional development	
Intellectual development	

14 marks

Question 8

Define incidence

1 mark

Question 9

Define prevalence

1 mark

Question 10

Define burden of disease and explain how burden of disease is measured.

2 marks

Question 11

Fill in the lifespan stage on the left hand column to match the major events/developmental milestones on the right column,

Lifespan stage	Major events/Developmental milestones
	Support themselves financially
	Family changes may include children moving out of home
	Stage from late childhood to full maturity
	Initially needs to adapt its body functions to the external environment; for example, developing temperature control
	Growth slows down and is at a steady rate
	Loss of spouse and changes to family; for example, arrival of grandchildren
	Most rapid rate of growth for the lifespan – one cell becomes 200 billion cells

7 marks

Question 12

Define life expectancy. Describe the changes that have occurred in Australia's life expectancy in the past 100 years. Suggest reasons for these changes.

1 + 1+ 2= 4 marks

Question 13

Define development

1 mark

Question 14

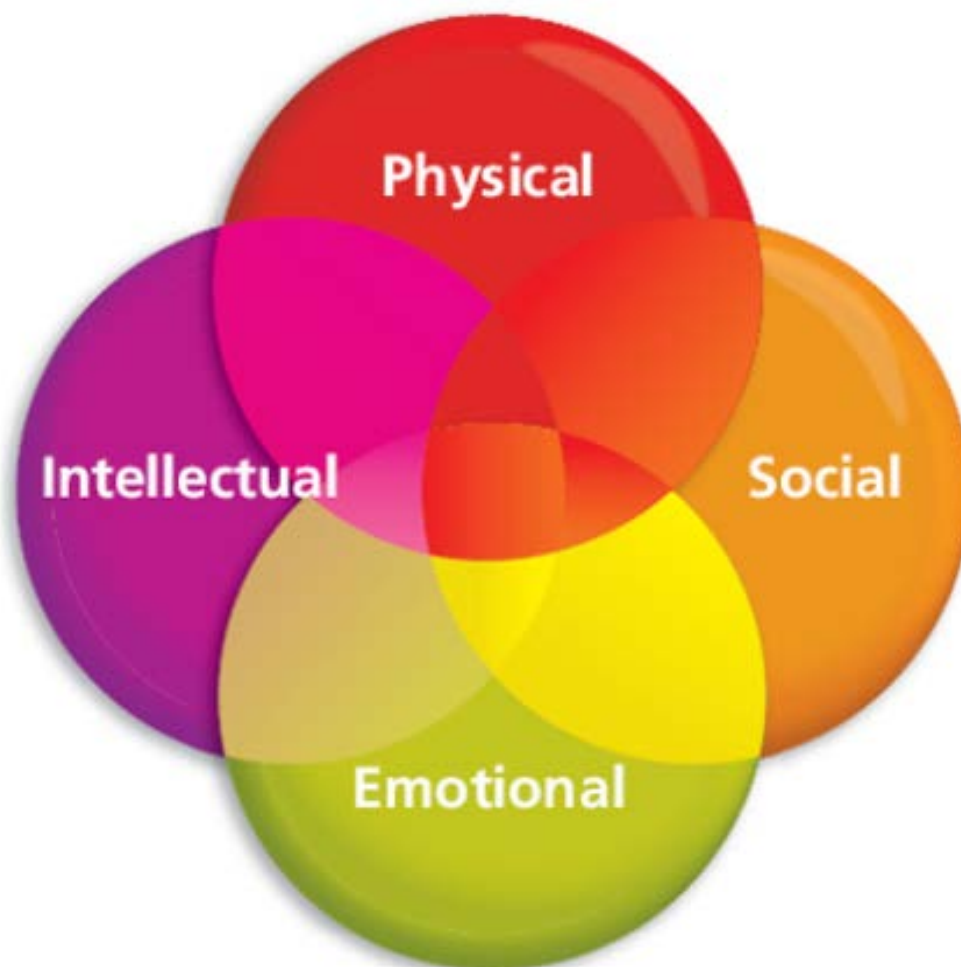


FIGURE 1.8 The four dimensions of individual human development

The diagram above demonstrates the interrelationship between the four types of development. Explain how someone with an increase in the ability to read and write (intellectual development) would impact on two other types of development.

2 marks

